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## 8 days Lhasa to Tibet Everest Base Camp Group Tour

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Lhasa  
Gyantse  
Shigatse  
Mount Everest  
Shigatse  
Lhasa

Embark on a once-in-a-lifetime 8-day Tibet group tour to Everest Base Camp (North Face), immersing yourself in Tibet's snowy landscapes, exotic culture, and awe-inspiring natural scenery. Maximum 12 people in the group with affordable price!

Type

Group, maximum of 12 person(s)

Duration

8 days

Theme

Overland

Trip code

FDT-04

Tour dates

From

£ 655

### Itinerary

This 8-day Lhasa to Everest Base Camp tour begins in Lhasa, the historic and holy capital of Tibet. In Lhasa, you will visit the iconic Potala Palace, the sacred Jokhang Temple, and the prominent monasteries of Drepung and Sera. The tour includes a 4-day overland journey to Mount Everest Base Camp (north face). En route, you will stop at some breathtaking natural sceneries such as the turquoise Yamdrok Lake, the mighty Nyenchen Kangsar glacier, and the great peaks of the Himalayas. The journey culminates with a spectacular view of the world's highest mountain - Mt. Everest, offering a once-in-a-lifetime experience. Overall, this tour will greatly enrich your understanding of the high plateau and the rich culture of western Tibet.

Day 01 :

Arrival in Lhasa [3,658m]

Welcome to Tibet! Upon your arrival at Lhasa Gonggar Airport or Lhasa railway station, you will be greeted by your Tibetan guide, then your guide and driver will escort you to your hotel in the city. After checking into the hotel, you will have the remainder of the day to rest and acclimatize to the high altitude.

Day 02 :

Lhasa Monasteries Tour - Visit Drepung Monastery and Sera Monastery (B, D)

Today is your first sightseeing day in Lhasa, you will be arranged to visit two renowned monasteries: Drepung Monastery in the morning and Sera Monastery in the afternoon.

**Drepung Monastery** was once the world's largest and the governmental seat before the Potala Palace, historically housed up to 10,000 monks. It's renowned for its significant role in Tibetan culture, religion, and education.

**Sera Monastery** is another the great Gelug university monasteries of Tibet. Renowned for its lively monk debates between 3 pm to 5 pm (daily except on Sunday) on Buddhist philosophy, the monastery is an important center for learning and culture. Your guide will provide a detailed explanation of how Tibetan monks participate in debates to acquire knowledge and progress in their academic studies.

You will have a **welcome dinner** with your fellow group members tonight.

Day 03 :

Another Lhasa City Tour - Visit Potala Palace, Jokhang Temple and Barkhor Street (B)

In the morning start your Lhasa city highlight tour to visit **Potala Palace**. It is most renowned as the residence of the lineage of Dalai Lamas (Avalokiteshvara), though the massive structure contains a small world within itself. It was first built by 33rd ruler of his dynasty, King Songtsen Gangpo in the 7th century, but still is in surprisingly good repair because of continual rejuvenation projects.

Then proceed to visit **Jokhang temple**, it is the most sacred building in Tibetan Buddhism, located in the heart of Lhasa old town. It is the most sought after pilgrimage destination for all Tibetans.

The **Barkhor Street**, a renowned Kora (holy walking path) encircling the Jokhang Temple, is constantly bustling with Tibetan faithful. Visitors will discover the unique experience of mingling with local pilgrims along Barkhor Street. It also serves as a vibrant shopping district, offering the perfect opportunity to purchase gifts for your loved ones.

Following your sightseeing adventures, join your guide at one of Lhasa's most vibrant **Tibetan sweet tea houses**. Here, you can enjoy sipping traditional Tibetan sweet tea while sitting among local Tibetans. Your guide will provide valuable insights into Tibetan social dynamics and daily life, offering a deeper understanding of the culture.

Day 04 :

Lhasa - Yamdrok Lake - Gyantse [4,040 m] - Shigatse [3,840 m], 360 KM 7 Hours' Drive (B, L)

Make your first day's drive towards Everest, with today's highlights including Yamdrok Lake, Karola Glacier, and Gyantse ancient city.

**Yamdrok Lake**, one of the three holiest lakes in Tibet, is easily accessible from Lhasa. Upon reaching Gampala Pass (4790m), you will get your first glimpse of Yamdrok-tso (4400m). The lake is encircled by numerous snow-capped mountains and offers breathtaking views of Holy Mount Nyenchen Khangsar (7191m), the tallest mountain near Lhasa. You will drive along the lakeshore for about half an hour, during which time you can step out of the car to touch the lake's blue waters and take photos. At the end of the lake, enjoy your lunch at a local Tibetan family.

**Karo La Glacier**, at an altitude of 5,100 meters, provides a stunning overlook of Mt. Nyenchen Kangsar glacier. A brief stop is scheduled here for an excellent photo opportunity.

Gyantse ancient city, referred to as the 'Hero City', is a historically significant town in Tibet, renowned for its well-preserved ancient architectural wonders. You will spend some time taking photos of Gyantse ancient city.

Enjoy a beautiful drive along the Tibetan barley fields and farmland from Gyantse to Shigatse. Check into Shigatse, the 2nd largest city in Tibet.

Day 05 :

Shigatse [3,850 m] - Tibet Everest Base Camp [5,200 m], 340 KM, 7-8 Hours' Drive (B)

Today, you'll undertake an exciting drive to reach Mount Everest Base Camp, immersing yourself in the stunning landscapes of valleys and mountains in the western part of Tibet, including the spectacular Himalayan range.

Start early to drive towards Shegar. En route, weather permitting, you'll catch your first glimpse of Mount Everest at **Gyatsola Pass** [5,280 m]. Lunch will be in Shegar, the last town before heading to Mount Everest.

In the afternoon, as you enter **Mount Everest National Nature Reserve**, the winding road takes you to **Gawula Pass** [5,250 m]. Here, you'll experience breathtaking panoramic views of the Himalayas, including a remarkable view of Mount Everest, which stands at 8,844 meters. You'll also see four other majestic peaks over 8,000 meters: Mt. Makalu (8,463 m), Mt. Lhotse (8,516 m), Mt. Cho Oyu (8,201 m), and Mt. Shishapama (8,020 m).

You will switch to the local sightseeing bus at Tashi Zong Village, and from there, it is another hour's drive before you reach Everest Base Camp (E.B.C.).

Arrive at Everest Base Camp in the late afternoon, just in time to witness a splendid sunset (just depending on the weather).

Stay overnight at the tent guest house at E.B.C or the monastery guest house near Rongbuk.

Day 06 :

Everest Base Camp - Dinggye Xilin Viewpoint - Shigatse, 340 KM, 7 Hours' Drive (D)

If the weather is favorable, you'll have the opportunity to witness a magnificent sunrise at Everest, with the first rays of sunlight turning the mountain into a glowing red spectacle.

Morning visit **Rongbuk Monastery**, the world's highest buddhism monastery at 5154 meters above sea level where nuns and monks live together.

After a morning of exploration, begin your journey back to Shigatse via Dinggye County, taking a different route from Day 5. Stop at the **Dinggye Xilin Viewpoint** for a spectacular view of the majestic Mount Everest and Mount Lhotse, the world's fourth highest peak. Witness the vast and beautiful wetland at the foot of Mount Everest, which transforms into thousands of sand dunes in winter, offering a different style of beauty. As you pass through Sakya, take a brief stop to explore the ancient ruins of Sakya. Arriving in Shigatse in the late afternoon, your guide will take you to a local **Langma Hall** (a traditional Tibetan Dance Hall). **Enjoy dinner** with your fellow group members while experiencing traditional Tibetan dance and performances, celebrating your once-in-a-lifetime journey to Mount Everest.

Stay overnight in Shigatse.

Day 07 :

Return to Lhasa from Shigatse, 270 KM, 4-5 Hours' Drive (B)

After breakfast at your hotel, you will visit **Tashilhunpo monastery**, one of the six great Gelug monasteries, the seat of the Panchen Lama, features grand and magnificent halls that occupy an entire hillside. It is the spiritual heart of the Tibetan people in Shigatse and houses the world's largest statue of Maitreya Buddha.

Afterwards, you will drive back to Lhasa via the northern friendship highway. This scenic route, which runs alongside the Yarlung Tsangpo River, offers a diverse array of landscapes that are sure to capture your attention. Upon your arrival in Lhasa and check-in at the hotel, enjoy the rest of the day exploring Lhasa. Barkhor Street is a great place to wander for last-minute shopping before you leave Tibet.

Day 08 :

Lhasa Train Station or Airport Drop Off (B)

We're sad to see you go, but this marks the end of your trip. Your guide and driver will escort you to the airport or train station based on your departure information, which concludes the tour.

Dates and prices

Start		
Finish		
Price		
⌂		
Thu 8 Aug 2024	Thu 15 Aug 2024	£ 809
⌂		
Sun 11 Aug 2024	Sun 18 Aug 2024	£ 809
⌂		
Thu 15 Aug 2024	Thu 22 Aug 2024	£ 809
⌂		
Sun 18 Aug 2024	Sun 25 Aug 2024	£ 809
⌂		
Thu 22 Aug 2024	Thu 29 Aug 2024	£ 756
⌂		
Sun 25 Aug 2024	Sun 1 Sep 2024	£ 756
⌂		
Thu 29 Aug 2024	Thu 5 Sep 2024	£ 756
⌂		
Sun 1 Sep 2024	Sun 8 Sep 2024	£ 756
⌂		
Thu 5 Sep 2024	Thu 12 Sep 2024	£ 756
⌂		
Sun 8 Sep 2024	Sun 15 Sep 2024	£ 756
⌂		
Thu 12 Sep 2024	Thu 19 Sep 2024	£ 756
⌂		
Sun 15 Sep 2024	Sun 22 Sep 2024	£ 756
⌂		
Thu 19 Sep 2024	Thu 26 Sep 2024	£ 756
⌂		
Sun 22 Sep 2024	Sun 29 Sep 2024	£ 809
⌂		

Thu 26 Sep 2024	Thu 3 Oct 2024	£ 809
Sun 29 Sep 2024	Sun 6 Oct 2024	£ 809
Tue 1 Oct 2024	Tue 8 Oct 2024	£ 809
Sun 6 Oct 2024	Sun 13 Oct 2024	£ 809
Thu 10 Oct 2024	Thu 17 Oct 2024	£ 809
Sun 13 Oct 2024	Sun 20 Oct 2024	£ 713
Thu 17 Oct 2024	Thu 24 Oct 2024	£ 713
Sun 20 Oct 2024	Sun 27 Oct 2024	£ 713
Thu 24 Oct 2024	Thu 31 Oct 2024	£ 713
Sun 27 Oct 2024	Sun 3 Nov 2024	£ 713
Thu 31 Oct 2024	Thu 7 Nov 2024	£ 713
Sun 3 Nov 2024	Sun 10 Nov 2024	£ 655
Sun 10 Nov 2024	Sun 17 Nov 2024	£ 655
Sun 17 Nov 2024	Sun 24 Nov 2024	£ 655
Sun 24 Nov 2024	Sun 1 Dec 2024	£ 655
Sun 1 Dec 2024	Sun 8 Dec 2024	£ 655
Sun 8 Dec 2024	Sun 15 Dec 2024	£ 655
Sun 15 Dec 2024	Sun 22 Dec 2024	£ 655
Sun 22 Dec 2024	Sun 29 Dec 2024	£ 655
Sun 29 Dec 2024	Sun 5 Jan 2025	£ 655

## Inclusions

### Tour notes:

Complementary train station pick up and drop off is included.

Free Airport Pick-up: We have 4 scheduled arrival pick-up shuttles that depart from the airport for Lhasa city at 10:00 AM, 1:30 PM, 4:00 PM, and 6:30 PM.

Free Airport Drop-off: We have 3 scheduled departure drop-off shuttles that depart from Lhasa city to Lhasa airport at 6:30 AM, 8:00 AM, and 12:00 PM.

Please note prices are based in CNY.

### General inclusions:

All required government taxes and fees.

Domestic travel accident insurance.

Meals allowance for your guide and driver.

All required Tibet permits and domestic travel documents.

3 Stars hotel (shared twin room, private bathroom and daily breakfast)

Lodging at E.B.C. will be at either Rongbuk Monastery's Guest House or E.B.C Tent Guest House (dormitory bed with semi-private bathroom)

All entrance tickets as noted in the tour's itinerary.

Local Tibetan guide fluent in English, Chinese or Japanese that is certified by the state tourism build. (If your native language is not listed please let us know, we are certain we can assist your needs.)

Airport and/or train station pick-up and drop-off.

Transportation will be provided via a comfortable and clean car, minivan or tourist bus depending upon the groups size.

**General exclusions:**

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.

Tips for your guide and driver.

Meals that are not specified in the tour itinerary.

Optional Attractions that are not specified in the itinerary.

Flight tickets or train tickets in and out of Lhasa (Please note: We can offer you train and/or plane tickets in and out Lhasa from all cities within China. Please check the latest price with us via email.)

Private Lhasa Train station or Airport transfer if your arrival time isn't within our free service time. 250 CNY per vehicle from/to train station and 400 CNY per vehicle from/to airport.

Tour dates

From

£ 655

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[info@windhorsetour.com](mailto:info@windhorsetour.com)

+86-28-85593923

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